

## IV. Trainer's Agenda

### *Introduction*

Introduce yourself and discuss the objective of the workshop: **How to choose healthy food when dining out.**

### *Ice Breaker Activity*

The ice breaker activity is a questionnaire. The purpose of this activity is to bring an awareness to the group about the trends in American's eating habits: *Why we enjoy eating out and that we are eating out more than ever before!*



Hang 5 sheets of 18" x 24" (approximate) size paper around the room. Provide markers for the group to use. On each sheet of paper write one of the following questions:

1. What is your favorite restaurant? Why?
2. What was your most memorable dining experience? Why?
3. How often (times per week) do you go out to eat or get take-out food?
4. How much money do you spend per week on eating away from your home?
5. List 2 reasons why you go out to eat.

- ✓ Have participants write their responses to each question on the posted paper.
- ✓ After the group is finished, compare the responses. Use a discussion of the responses to introduce the trend in Americans eating habits (refer to the Background Information).



## Size Counts!

This section of the workshop focuses on the Food Guide Pyramid and portion control when eating out. (Refer to the Background Information.) Pass out the Food Guide Pyramid handout.







Discuss the idea of how large restaurant servings really are in comparison to home cooked meals and the recommended size servings based on the Food Guide Pyramid. Ask the question "How big is a serving?" Discuss using visual cues to size up the food on your plate.

### Show the group the following items:

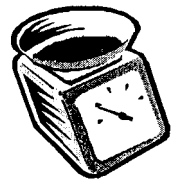
a deck of cards • a ping pong ball • a baseball • a yoyo • 3 dominos • ½ baseball

### What do all these objects have in common?

Their size is equal to the recommended size servings from the food pyramid.

- The **deck of cards**  equals 3 ounces of meat, poultry, and fish.
- The size of the **ping pong ball**  is equivalent to 2 tablespoons of peanut butter.
- The size of a **baseball**  is equal to 1 cup of milk, yogurt, or fresh green beans.
- The size of the **yoyo**  is supposed to represent the 1 ounce serving of bread.
- The **three dominos**  is equals to 1 ½ ounces of cheese.
- The half of a **baseball**  is equivalent to ½ cup of vegetables, pasta, and rice.

Visual cues help people to understand what size a portion is, and people can't carry around a set a scale and measuring cups. It is important to be aware of what a recommended serving looks like. People can learn how to eyeball the size of food so they can develop an understanding of how much food they are really eating.



Refer back to the Food Guide Pyramid and suggest they can use this as a guide when making healthy food choices at home or when dining out.



## ***Decoding Menus***

This section of the workshop focuses on how to make healthy food choices when eating out. Sample menus from various types of restaurants can be used for this activity;

- ⇒ **Italian**                      ⇒ **Chinese**                      ⇒ **Mexican**
- ⇒ **Greek**                      ⇒ **Indian**                      ⇒ **Japanese**
- ⇒ **New American or California Style cuisine**

- ✓ Pass out the menus and ask the group "What is your favorite ethnic cuisine?"
- ✓ Then ask them why they prefer one type of food when compared to another. Or refer back to question 1 in the ice breaker activity to start the discussion.
- ✓ Ask the group to consider what would they order if they were dining at one of these restaurants. Choose to discuss a few of the different cuisines.
- ✓ Refer to the Background information and using the information below, discuss how to make healthy food choices when dining out.

**A. Italian Cuisine** – Italians eat a wealth of vegetables, fruits and grains, along with a minimum of processed foods. Low fat cheese, yogurt, and beans are consumed often, but fish and poultry are used only weekly, and red meat only a few times a month. The typical dessert is fresh fruit. The main fat used is monounsaturated olive oil. The Italian diet is often referred to as the Mediterranean diet, which is considered one of the healthiest in the world.



When dining in an Italian restaurant it helpful to know how the food is prepared so you can order a healthy and delicious meal.

### ***Enjoy!***

**Pasta pomodoro** – pasta with tomatoes  
**Marinara** – spicy tomato sauce  
**Griglia** – grilled  
**Frutti di mare** – red sauce with fish  
**Picatta** – lemon wine sauce

### ***Go Easy!***

- Scampi – garlic wine butter sauce
- Alfredo – creamy cheese sauce
- Pesto – sauce of basil, parmesan and olive oil
- Parmigiana – baked with cheese
- Al panna – with cream
- Carbonara – butter, eggs, and cream
- Fritto – fried



**B. Chinese Cuisine** – If you eat your Chinese food the way Chinese people do, nutritious meals are easy to consume. Chinese cooking's reliance on vegetables, rice, and noodles makes it a naturally healthy choice. Make steamed rice your main dish with meat and sauces the side dishes. Learn how to use chop sticks, they will slow down your eating and let you savor the flavors and eat less. Pork is the primary meat used in Chinese dishes, followed by poultry and duck. Many vegetables and meat dishes are stir-fried or steamed which are healthier ways of preparing food.



### *Enjoy!*

**Poached** – jum  
**Roasted** – kow  
**Steamed shrimp and scallops**  
**Wonton soup**  
**Hot and sour soup**  
**Stir-fried food**

### **Go Easy!**

- Sweet and sour pork
- Fried rice
- Egg rolls
- Spareribs
- Pork or beef dumplings
- Moo shu pork or beef
- Orange beef

**C. Greek Cuisine** – Greek food is an excellent example of the healthy Mediterranean diet. It features an abundance of grains, fruits, vegetables, and very little meat.



### *Enjoy!*

**Tzatziki** – yogurt dip with cucumbers and walnuts  
**Fasolakia** – string beans  
**Dolmades** – stuffed grape leaves (steamed)  
 (steamed)  
**Psari plaki** – baked cod with oil, lemon, and oregano

### **Go Easy!**

- Mousaka – layers of eggplant, meat and cheese
- Feta cheese
- Bakalava – dessert made with phyllo dough, walnuts & honey
- Spinakopita – spinach feta pie in phyllo



**D. Japanese Cuisine** – Japanese cuisine is basically low in fat, stressing soybean based foods, small quantities of fish and meat and rice and noodles. Traditional sauces contain no or very little oil. Teriyaki sauce is a mixture of soy sauce, sake, and sugar; miso is a paste of fermented soybeans, rice mold, and salt. Strong spices such as green mustard and ginger heighten flavors.



***Enjoy!***

**Sushi** – vinegared rice prepared with seaweed, raw fish, and or vegetables  
**Sukiyaki** – broiled or grilled  
**Nimono** – variation of simmered foods  
**Beef teriyaki** – marinated grilled beef  
**Chicken yakitori** – skewered grilled chicken

***Go Easy!***

- Tempora – fried food
- Ageomono – fried and breaded food
- Katsu – fried food
- Miso – high in sodium
- Salted, smoked or pickled fish

**E. Mexican Cuisine** – Mexican food offers many dishes that are high in complex carbohydrates; vegetables, rice, legumes and grains. You can take enjoy the many seasonings used in Mexican food that give it a special flavor.

***Enjoy!***

**Fresh tortillas**  
**Salsa**  
**Pico de gallo** – thicker version of salsa  
**Gazpacho** – chilled spicy vegetable soup  
**Fajitas** – meat and/or vegetables sauted, “make you own”  
**Chipotle** – smoked chili pepper, extremely flavorful, used in sauce, salt or fat not needed to makeup for flavor



***Go Easy!***

- Nachos
- Beef and cheese enchilada
- Quesadillas – tortillas filled with chili and cheese
- Refried beans

**F. Indian Cuisine** – Indian restaurants are famous for their currys, which is a blend of spicy seasonings and coconut milk. This sauce can be hot and flavorful. Typical dishes of India, use lentils, chick peas, rice, beans and spices such as cardamom, cinnamon, and cloves.

***Enjoy!***

**Pulka, nann, chapati, and kulcha** – types of baked low-fat bread  
**Mulligatawny** – chicken soup  
**Del rasam** – lentil soup  
**Vindoori** – marinated and braised  
**Tandoori** – marinated and baked  
**Kulfi** – mango juice ice cream



***Go Easy!***

- Samosa – fried meat or vegetables
- Gulab jamun – deep fried dough
- Pakori – deep fried breads or vegetables



**G. New American or “California Style” Cuisine** – Whether they are influenced by the cooking of the Pacific Rim, American Southwest, or the Mediterranean, the upscale New American restaurants are perfect choices for health conscience diners. Their menus offer fresh seasonal ingredients that focus on flavor and presentation. Most California style restaurants are responsive to the needs of their customers reflecting more nutritious choices on their menus.



*Enjoy!*

**Seafood** – halibut, red snapper, sea bass, shell fish

**Lean beef** - sirloin or top round

**Grains** – whole grains, aromatic basmati rice, wild rice, brown rice, kasha, pasta

**Game** – venison, buffalo or bison

**Vegetarian Entrees**

**Pan roasted** – requires little or no fats in cooking

**Rubs** – combination of savory spices rubbed onto food, increase flavor of food without adding fat

**Salsas, chutneys, and relishes** – chunky sauces made from fresh fruit and vegetables

**H. Fast Food** – Can you eat fast food as a part of a healthy diet? Of course you can! Fast food is apart of the American lifestyle. All it takes is a little knowledge about the contents of menu items. Fast food restaurants have analyzed the nutrient content of their products. You should be aware of this information, just ask for it. The key is to limit your intake of fast foods and choose wisely.



*Enjoy!*

**Grilled chicken sandwiches**

**Small hamburgers**

**Fresh vegetables and fruit at the salad bar**

**Roasted chicken without the skin**

**Veggie pizza**

**Chicken taco**

**Chicken fajita**

**Flavor-baked or breaded chicken**

**Baked potato topped with fresh vegetables**

*Go Easy!*

•Fried chicken or fish sandwiches

•Large hamburgers

•Salad dressings

•Super-sized french fries

•Double cheese pepperoni pizza

•Big beef burrito supreme

•Bacon cheeseburger

•Mayonnaise

•Cheese and chili baked potato



- ✓ Refer the participants to the handout:  
**"Do You Want French Fries With Your Order?"**
- ✓ Have the group take the quiz and discuss the results.
- ✓ Point out the fact that having the knowledge about the nutrient content of fast food will enable you to make healthy food choices. Fast food nutrition information is available at the counter of the restaurant, often times, it may be posted in a convenient area so the customer can read it before placing their order.
- ✓ Discuss the alternatives to eating at fast food chains, such as local small restaurants, diners, coffee shops, and deli's.

### ***Food Demonstration***

The purpose of the demonstration is to show the participants that international cuisine can be nutritious and fun to try. Choose a recipe from the suggested food demonstration section. You can prepare the food in advance and just show some interesting preparation steps or you can ask for volunteers to help with the demonstration.

### ***Conclusion***

- ✓ Summarize the main points made in the presentation.
- ✓ Pass out the handout: **"Healthy Eating on the Run and on the Road."** Remind them that this is a guide that they can use next time they are dining out.
- ✓ Ask the group if they have any questions.
- ✓ Pass out evaluation forms and collect the completed forms before the group leaves.



## **V. Appendix**

### **Background Information**

- Size Counts!
- Decoding Menus
- Choosing a restaurant
- Ready to Order!
- Ordering Dessert

### **Handouts**

- Food Guide Pyramid
- Do You Want French Fries With Your Order?
- Healthy Eating On The Road and On The Run!
- Workshop Evaluation

### **Recipes for Demonstration**

- Moon-Bean Salad
- Roasted Pepper and Chickpea Salad
- Mexican Blackbean and Citrus Salad

### **Sample Menus from International Restaurants**

- Italian
- Chinese
- Greek
- Japanese
- Mexican
- Indian
- American



## Background Information

Americans are eating out more often than ever. Busy schedules, travel, two career families, socializing, relaxation, teenagers working after school, have made dining out a way of life. According to the National Restaurant Association, in 1995, 44 % of American food money was spent on food eaten away from the home. Now in 2000, fifty cents out of every food dollar is spent on food on restaurant or take out meals. American eat out an average of 4 – 5 times a week.

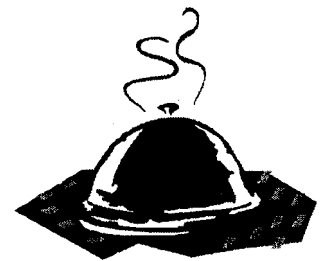
Nutrition related risk factors for cancer, diabetes, obesity, heart and circulatory diseases include inadequate consumption of fruits and vegetables, high fat and saturated fat intake. According to a 1995 California Dietary Practice Survey, “eating away from the home was up significantly” and “people who ate out more often, ate  $\frac{1}{4}$  fewer fruits and vegetables” when compared to those who ate at home more often. Most restaurant meals are high in fat (50 – 100 grams) and calories, 800 – 1500.

Typically meals served in restaurants are not only high in fat and calories, but are super-sized. Fast food restaurants serve larger portions and encourage people to order the larger size, by making it such a great deal for the money.

## Size Counts!

More American may clean their plates because they aren't concerned about the amount of food they eat. A survey done by the American Institute for Cancer Research found that people are more concerned about cutting fat and good on fad diets that restrict certain foods, rather than eating less food. People should be aware of both portion size and what foods they are eating. But the trend is to ignore portion size. Most Americans are unaware of what a recommended serving size, based on the Food Guide Pyramid, looks like.

Eating more than we are hungry for is a common problem in restaurants and in homes across the country. In a recent study it was suggested that portion sizes, not hunger, maybe a leading cause of overeating. Barbara Rolls, Ph.D. professor of nutrition and bio-behavioral health Penn. State University has been studying the body's intake of food, her latest research indicates that super-size portions may encourage overeating. “When a plate of various types and amounts of food is in front of us, we seem to lose our ability to judge how much we have eaten.” Rolls says, “We found that even lean young men who in general regulate their food intake well, eat more when given a larger portion.”<sup>1</sup>



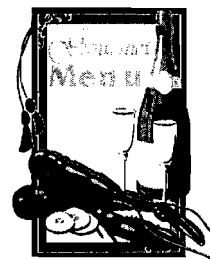
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<sup>1</sup> <http://www.thedailyapple.com/target/cs/article/tda/1000792html>



## ***Decoding Menus***

Many Americans dine out nightly at restaurants that offer food from around the world. Which cuisine is the healthiest choice? No matter where you go to eat, you should be able to find a healthy satisfying meal if you are knowledgeable about what you are ordering.



**Italian** restaurants offer a lot of low sodium and vegetarian choices, thanks to the many pasta dishes. However, portion sizes can be enormous, and some chefs go overboard with the amount of olive oil they use.

**Chinese** restaurants offer many vegetarian options. It is easy to order a balanced meal because most dishes include a variety of food. However, the way *Chinese* restaurants prepare food, many entrees are high in fat and sodium.

It is difficult to find a more healthier cuisine than the Mediterranean diet, which provides an abundance of grains, fruits, vegetables, olive oil, and very little meat. In the United States, **Greek** food is the one of the most popular examples of this type of diet. However, because of fast food style outlets, Greek food Americans are familiar with include gyro sandwiches, Greek salads topped with feta cheese, mousaka, and baklava. However, a typical full service Greek restaurant offers traditional healthy food. Pasta is almost as popular in Greek food as in Italian food. Rice is also used in many dishes. Sauces are based on wine, stocks, tomato, and yogurt rather than cream and milk. Lentils and beans are commonly used and vegetables are featured in appetizers, soups, and main courses.

The popularity of **Japanese** food has peaked in recent years due to the *Japanese* style steakhouse and sushi bars. The native *Japanese* diet is very low in fat and rich in magnesium, iodine, and sodium. Many offerings in *Japanese* restaurants are usually low in fat and calories. It may be difficult to find vegetarian entrée at these restaurants.

It is possible to get a healthy meal in a **Mexican** restaurant if you know what you are ordering. Beans and fresh vegetables both are nutritional, are often used along as a base in many authentic Mexican dishes. Unfortunately, many Mexican restaurants make it difficult to choose some dishes because of the heaping additions of cheese and sour cream. Talk to your server about options when placing your order.

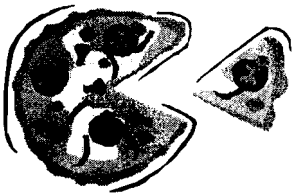
The basic ingredients in **Indian** food are grains, vegetables, beans, and yogurt accented with meat and fish. Typical dishes contain lentils, chickpeas, rice, beans and spices, which add



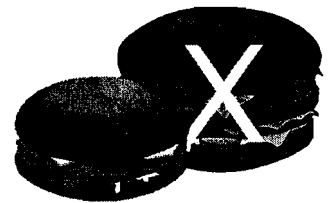
flavor without the extra fat. However, Indian food maybe prepared with "ghee" clarified butter which can raise the proportion of calories from fat.

**New American** cuisine or **California** style restaurants are perhaps the best bet for finding low calorie, low-fat, low sodium foods. Their menus feature fresh, seasonal ingredients and focus on flavor and presentation over quantity. Most chefs at these restaurants are responsive to trends in eating including the trend of healthy eating.

It is possible to eat healthy at **fast food** restaurants. There are more low fat, low calorie options than ever before. Careful choices can make the difference. Some tips to consider for making healthy choices include:

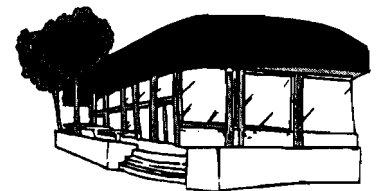


1. **Leave off** the mayonnaise or special sauce to reduce calories and fat.
2. Order food that is **grilled or broiled**.
3. **Hold** the cheese and opt for lettuce, tomato, and onion.
4. Use **light or fat free** dressings on salads.
5. Order **smaller size** burgers with fewer toppings.
6. **Order** fruit juice, low-fat milk, or water to drink.
7. **Enjoy** fat free frozen yogurt or sorbet.
8. Have a fish sandwich **without** the tarter sauce.
9. Enjoy a pizza with **vegetables** instead of meat.
10. **Share** a sandwich with a friend.



### ***Choosing a Restaurant***

When you decide where to go, think ahead. If it's a new restaurant, phone first and ask about the entrees. The restaurant may be able to fax the menu. Or, see if the restaurant has a Web site. That way you can determine whether there are enough low-fat, low-calorie options.



Is the word willpower not in your vocabulary? That phone call can help you steer clear of places where you'll find it too easy to give in. You'll be spared of having an all-you-can-eat feast - a surefire torpedo to any good intentions.

When looking over the restaurant's menu, keep in mind the Food Pyramid and portions. If you plan to splurge at the restaurant, adjust the rest of your day's servings accordingly.



## ***Ready to Order!***

**Ordering Appetizers** – Ideal appetizers include:



- ♥ Shrimp cocktail
- ♥ Fresh fruit or melons
- ♥ Bean or broth-based soups
- ♥ Salad with reduced-fat dressing on the side or lemon & vinegar
- ♥ Grilled or raw veggies with salsa
- ♥ Pita bread with hummus or low-fat black bean dip

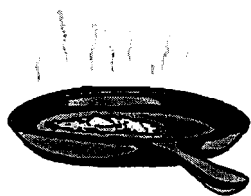


**Ordering Entrees** – This is no time for entree envy. Be the first at your table to order so that you don't get swayed by what other people are choosing.

To limit portions, ask that your main dish be served in an appetizer portion, with a dish of veggies as the entree. Or consider ordering an appetizer (say steamed shrimp cocktail, clear soup or salad) as opposed to a full-sized meal. Then ask for a salad, corn or broccoli on the side to fill out your meal. You also might order a children's meal, often more than enough food, no matter what your age.

The key to ordering healthy food in a restaurant is being informed about how the food is prepared, even you are not a culinary wizard! Below are some obvious and not so obvious buzzwords to be aware of when selecting your food. Many of the ingredients used in these preparations increase the fat and calorie content of food.:

Buttery  
Pan-fried  
Deep-fried  
Batter-dipped  
Breaded  
Crispy  
Creamed  
Encrusted  
Au beurre (butter sauce)  
Cheese sauce  
Au gratin and au fromage (with cheese)  
Frito (fried)  
Escalloped  
Parmesan



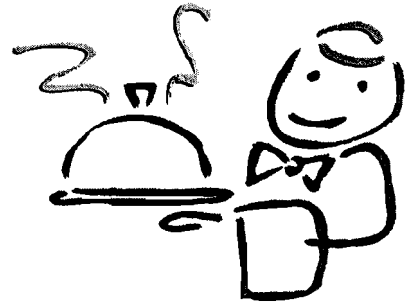
Hollandaise  
Bernaise  
Alfredo  
Marinated (ask if oil is part of the marinade)  
Stewed  
Basted  
Sauteed  
(ask that wine or broth be the medium for the saute)  
Stir-fried (ask that the oil be cut down)  
Casserole  
Hash  
Prime  
Rich  
Pot pie  
Pastry crust



Keep in mind that the way a dish is prepared – and topped - usually matters more than the food itself. So stay away from fish and chicken that's crowned with mayonnaise, tartar or white cream sauces. Or ask that the sauce be omitted, or that half a sauce portion be served on the side where you can dip your fork into it for added flavor.

Instead, seek foods with descriptions such as:

- ♥ Steamed
- ♥ Garden-fresh
- ♥ Broiled
- ♥ Baked
- ♥ Roasted
- ♥ Poached
- ♥ Lightly sauteed
- ♥ Cooked in it's own juice (au jus),  
broth or other nonfat liquid



You also may want to order a side salad without cheese and croutons, then split your entree with a companion. If nothing on the menu suits your diet, ask for a baked potato (with salsa, broccoli) and a salad, dressing on the side.

**Ordering Dessert** – Don't even read the dessert menu. Ask for sorbet or fruit, without cookies, or order a dessert coffee made with skim milk and without alcohol. If you do decide to order a sweet indulgence, share one with your tablemates.

